

TRAINEE	RESET	TRAIN READY TR-1	TRAIN READY TR-2	TRAIN READY TR-3	AVAILABLE
Individual	**GAT	**GAT	**GAT	**GAT	**GAT
Individual Soldiers	Individual Comprehensive Resilience Modules	Individual Comprehensive Resilience Modules	Individual Comprehensive Resilience Modules	Individual Comprehensive Resilience Modules	Individual Comprehensive Resilience Modules
Flash Forward (SFSS)			Life Ties	Life Ties	
MRT		Introduction to Family Resiliency MRT Module 1 Resilience and MRT Competency			
Yellow Ribbon	30 Day Yellow Ribbon Event-Tools for Reintegration				
Yellow Ribbon	60 Day Yellow Ribbon Awareness and Wellbeing Event -			Emotional Challenges of Deployment	
Chaplain (Strong Bonds)		PREP, PICK, Laugh Your Way to a Better Marriage, 7 Habits of a Highly Effective Families, Financial Peace Academy	PREP, PICK, Laugh Your Way to a Better Marriage, 7 Habits of a Highly Effective Families, Financial Peace Academy	PREP, PICK, Laugh Your Way to a Better Marriage, 7 Habits of a Highly Effective Families, Financial Peace Academy	
MFLC for FRG training schedule Spouses and Significant Others	(Pick 1 or 2) Helping Children Cope with Post-Deployment Issues Making Marriage Work After Deployment Reconnecting with Your Child	(Pick 1 or 2) Matrimoney From Couplehood to Parenthood Stress Management	(Pick 1 or 2) Deployment Survival Coping with Transitions Time Management and Organization for Teens	(Pick 2) Issues Families Face When the Military Deploys Maintaining a Healthy Marriage during Deployment Life In Balance: Relaxation and Stress Relief	(Pick any 2) Traumatic Event Stress Response For Children Children & Separations Issues for Deployment Coping with the Challenges of Transitioning Home Coping with Challenges While on R&R Family Reunion or From Combat to Home
MFLC for FRG training schedule for Single Soldiers or Parents or Guardians	(Pick any 1 or 2) Post Combat Risk Taking Behaviors Coping with Transitions	(Pick any 1 or 2) Parenting Skills for the Single Service Member Setting Boundaries Anger Mgmt	(Pick any 1 or 2) Communication and Assertiveness Conflict Resolution	When a Parent Deploys	(Pick any 2) Coping with Challenges While on R&R
MFLC for FRG training schedule Children and Youth	Helping Children Deal With Postdeployment Issues All Feelings are OK Conflict Resolution (by age)	Stress Management for Teens Self Esteem for Teens Bully Busting Activities	Time Management and Organization for Teens Parent Child Communications	Children and Separation Issues of Deployment How to Handle Peer Pressure	Deployment Survival Activities for Children's Reunion

Appendix 2,
Family Resiliency
Training
(Recommended
only, determined
by Cdr & FRG
LV)

**
Recommended for
Spouses, Significant
Others, and Parents

Single Service members

Children and Youth